T.A.E

TOTAL ATTACK ELIMINATION

SIFU WILLIAM LEE

Total Attack Elimination

Part 1.

13 Pressure Points for Ultimate Self Defense

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Author of Amazon Bestsellers

T.A.E. II Mind & Body Weapons
Total Self Defense Book Set

Healing Chi Meditation
5-Minute Chi Boost
Total Chi Fitness
5-Minute Stress Management
Chi Healing Powers Book Set

Acknowledgments:

To my students and friends. You are all selflessly helping me.
Special thanks to those who asked, insisted and assisted me in turning the seminars in to this practical form.

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Ethics

- Do not abuse this knowledge in any way, or in any place.
- Try your best to avoid any verbal and physical conflicts - do not invite them in any way.
- Before the assault occurs, try to leave the place, out of the reach of a potential aggressor.
- Use these methods only when absolutely necessary.
- When applying T.A.E. techniques, calculate the amount of damage you cause to the attacker. Do not hesitate, but do not cause more damage than is necessary.

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What is T.A.E. Self Defense?

Many so-called marketing 'experts' have recommended opening lines to me, designed to grab attention and create buy-in, but I've decided not to use any of them. My guess is that you would rather know exactly what this book is all about, what you can get from it, and what you can't. This is not a book that claims you will be able to learn everything about self-defense, street fights, or mixed martial arts (MMA). It doesn't claim to be a manual that will turn you into a perfect martial artist or cage fighter. However, T.A.E self-defense is exactly what the name stands for – the Total Attack Elimination method of defending yourself in real-life dangerous situations. When applied, the attacker can't continue to attack. He (or she) will be totally eliminated in effectiveness, losing all ability to move, react, or harm you. This extraordinary effect that T.A.E. students learn to generate in the body and mind of the aggressor will be explained in detail, a little later.

In the same way that I begin my T.A.E. Seminar, I will begin by informing readers of the following important points:

1) T.A.E. is probably the simplest, yet one of the most effective, methods of self-defense that you have seen so far.

2) These methods are meant for real-life, self-defense situations. However, they can't be used in competitions or sparring matches, because the methods are most definitely outside of any combat sport (or martial arts competition) rules and regulations.

3) These methods are the foundation. Once they are clear to you, you will easily use them as before the usual striking techniques. Once understood, the variations can easily be added to multiple types of attacks and situations.

I'm a big believer in simplicity. When you attentively examine certain aspects of life with a good dose of introspection, you will notice things that

have the most meaning and ‘work the best’ are actually the simplest things. In the same way that you shouldn't be carried away by the external appearance and glitter of objects, but search for the real value, you should not allow the size and simple form of this book to be an obstacle in receiving its great power.

Why Learn T.A.E?

I was requested by my students to publish this book, right after my first T.A.E. seminar in 1989. I remember exactly what I thought of the request:

“I just showed you everything, you have your notes, and so what would be the use of a book?”

In a moment I will tell you how that changed, and why I decided to compile this book. Meanwhile, I believe that you may want to hear more about the main features of T.A.E. Besides what has already been listed, here are the main characteristics:

- Anyone can learn and quickly master T.A.E., from a total beginner to an advanced martial artist. Distinctions of gender or age do not matter – men and women can learn just as well as young children or older adults.

- You need nothing but this book and a partner in order to master these techniques, although these videos you can request here will help you get through the basics faster.

- You can add this to any existing self-defense knowledge or martial arts skills. In deed it is a great upgrade to any martial art skill set. Once learned, you will be able to use basic T.A.E. pressure point techniques in various situations, attacks, etc.

- T.A.E. alone can protect you from a common attacker but it is recommended you DO NOT depend only on these pressure point techniques.

- Very soon, you will be able to see how T.A.E opens the doors wide open for any martial arts or self-defense techniques you are introduced with.

- This book is a T.A.E Part One - If you are absolute beginner, T.A.E. will help you immensely anyways but you need to master basic striking methods in order to be 100% safe from any sort of attack out there.

- T.A.E is NOT meant for use in street fighting while attacking, bullying others, or any other type of abuse.

After nearly thirty years of teaching self-defense and martial arts, I have never felt comfortable with sharing what I teach to the general public. I have been especially wary of teaching the methods of manipulating pressure points, which are sensitive and painful spots on the human body. This knowledge is very powerful and can be very easily abused. People who spend even a short amount of time in learning these methods reach superior levels of learning quite quickly. For example, T.A.E. methods can strongly boost the efficiency of your punching and kicking techniques. Widely distributing this knowledge in any form was never something I felt comfortable with, but recently, something changed.

Why I Teach T.A.E.?

The deep inner drive that has inspired me, over the last thirty years, is the great pleasure I have received out of assisting and helping people. After publishing books about acupuncture, stress management, and Chi Kung, I have begun to receive many positive responses, from kindly written emails and follow-up questions, to letters of gratitude. I began to understand that

the only reason why I felt hesitant to go public with this knowledge was the fear of teaching it to the wrong kind of people.

T.A.E. skills could be easily abused. While the skills can be taught to anyone, the motivation for using them lies within that person. Giving out this powerful information to someone I did not know personally could be tricky. You see, when dealing with people face-to-face, I can easily recognize (and avoid teaching) negative characters. Maybe I am still protected by the ceremonies of the Buddhist monks in which I participated as a child (while living with great Qian Bo-Wan), maybe it's my current lifestyle, or I am just lucky. Though I'm not exactly sure how this occurs, I can sense those types of ‘dark souls’ right away. Whatever is the reason, the potency and power protecting this knowledge should extend via visible means, such as through digital media channels. I believe that's a fact.

In the words of a popular saying, “like attracts like”. The bottom line is that I must trust that this book will come into the hands of those who need this knowledge and won’t abuse it.

More About T.A.E

The original Chinese martial arts, on which this material is based, are very direct and focused on results. If you want to know the one main characteristic to be found in each of these techniques, it could probably be summed up in this sentence:

“To effectively neutralize an attacker in the shortest possible amount of time.”

There is no marketing hype in this book or in any of my other books. That is why I can tell you, in a simple and direct way, some very real and solid reasons for one to spend a few weeks learning T.A.E. - even if you never plan to become good at pressure point self-defense methods. Here are some of the reasons:

- You will hardly ever find a skill set as simple to learn, as effective, and also legally acceptable, as T.A.E.

- Most of the approaches to this theme are either too complicated, or far from usable, in a real fight or self-defense situation.

- You can easily add these methods to any self-defense knowledge, martial arts, or combat sports skills that you may already posses.

- These self-defense techniques do not depend on your physical strength, the size of your body, or any existing skill sets. Anyone with a need can learn them.

- Last but not least, once the methods are learned, they will stay fresh in your memory for reasons that will soon become clear. It's not necessary to train with them every day in order to be able to use them.

I could go on, but I feel that those who are serious about learning self-defense should look deeper into these quick and effective pressure point manipulation methods. I also feel that readers (like you) will feel that the reasons I have listed above are enough. You probably know the proverb: “You can lead a horse to water but you can't make him drink.” If you feel the need to drink, let's jump into the material.

Legally Acceptable Self Defense

Some people make a big issue about the legal implications and complications dangling over the head of anyone involved in a public physical incident. It's true - they should be worried! Laws in many parts of the United States (and many other countries) are very complicated and clearly unfriendly to anything that appears to be a ‘street fight’. I hope you're aware of the fact that anyone can be easily prosecuted if officials see

an “excessive use of force” for any reason. There are many examples of a single mistake on paper or in person that caused serious legal problems for someone who actually defended his or her own safety.

Legal problems can certainly be scary. A simple sucker punch or a kick in self-defense can complicate your life – a lot! To make a long story short, if you spend some time training with the T.A.E. methods shown in this book (while adding a little bit of common sense), there is no chance in the world that you can suffer legal issues or complications while using these methods in a real life situation. The reason why can be seen below:

When a fight (or an assault) takes place and police officers get involved, in most cases they will rely on statements collected from the witnesses, if there are any. Recordings from security cameras, if any are available, can be requested by the police - but only if there's a compelling reason to do so. For example, if you caused a lot of visible damage to the aggressor, especially in the facial area (broken nose, opened cut, broken arm, etc.), that would probably provide a police incentive to request a security recording. As I explain in the next chapter, one has to learn to control the power used in self-defense. With T.A.E., that really isn’t hard. Legal 'immunity’ can be had with these techniques because of a deep-rooted fact.

You see, these powerful methods of pressure point manipulation not only allow you to control your aggressor easily, but they can never be perceived as a “use of excessive force” - if they are done correctly. Externally, these methods do not have an aggressive look....because they aren’t! It's as simple as that. This is why witnesses always see them as completely normal defensive moves instead of offensive and aggressive moves, because these techniques rely on the aggressor taking the first step forward. (At least, this would be the case in the mind of a sane person.) Throughout my career, I have never heard of one person having any legal problems or issues after using these methods of defense in the correct manner. However, witness perception also depends on what sort of counter-attack is used AFTER you apply T.A.E. Let me explain.

To anyone who happens to be watching the incident, the application of a straight punch or kick (or similar self-defense technique) may look quite different to the witness than to you. Even if you were absolutely defending yourself from an attack, when interviewed by officers and asked to describe the situation in detail, many witnesses would report something like this:

“That guy attacked him and got sucker-punched/kicked really good!”

There is always the danger that your self-defense will be categorized as the “use of excessive force by a trained martial artist”. As you'll soon be able to see, these T.A.E. methods are of such a nature that witnesses can only explain the situation in this way:

“Well, officer, that person on the ground attacked him. I'm not quite sure how, but he appeared to be in great pain and then the other guy just slapped him, or stopped him from attacking further…”

Of course, there may be variations on this example, depending on the situation and how the event actually occurred. The point that I want to emphasize is the great advantage of these techniques. When not abused, T.A.E. techniques are indeed legally acceptable.

Never try abusing this knowledge. If you use it only when 100% necessary, not only will you be able to defend yourself, but also, you will be entirely safe from any legal complications.

T.A.E. Ethical Side

I agree, this is a slightly strange subtitle for a book entirely focused on practical applications and self-defense techniques. Don't worry; there is no philosophy or big theory (or speculation) behind the Total Attack Elimination system. This chapter will be practical and clear as well.

As you practice and advance in T.A.E. skills, it will become clearer that the one attacked must be able to control his (or her) emotional state. That rule becomes crucially important if you run into a real fight situation. If that happens, you have to stay above the fear and anger that naturally occur. If you do, you are in a safe place!

Fighting under pressure of fear or anger is a huge theme for discussion, which can't be completely explored here. I actually doubt that there can be a complete guide for this theme, simply because there are so many practical and tangible details to cover. A book or (Kindle e-book) could be a manual or a guide for applying certain things, but in complex subjects such as fighting under pressure, I seriously doubt that anyone can get this right in practice by reading a book. This subject is very well covered in trainings and seminars, and from that experience, I can say that it is really hard to eliminate deep-rooted habits that come out under pressure, forcing one to 'surrender' to negative emotions. The ethical use of any martial arts or self-defense techniques, in the midst of real fight situations, are directly related to your ability to fight under stress. However, they are also integrally related to your system of values. Since that is its own subject in ethics, here are a few of the most important things to know:

- Do not abuse this knowledge in any way, or in any place.

- Try your best to avoid any verbal and physical conflicts - do not invite them in any way.

- Before the assault occurs, try to leave the place, out of the reach of a potential aggressor.

- Use these methods only when absolutely necessary.

- When applying T.A.E. techniques, calculate the amount of damage you may cause to the attacker. Do not hesitate, but do not cause more damage than is necessary.

I'm sure you know the difference between fiction and reality, between movies and real life. Even when attacked, you must be responsible.

Spiritually inclined people (such as Buddhists), would use the word “merciful”. To be merciful, humble, and simple, is not at all popular these days. However, beyond the legal implications, it's not about fashions or trends - it's about eternal truths. “Violence generates further violence”. (Newton's scientific law of motion says something related: “To every action, there is always an equal and opposite reaction.”) *Conclusion: the way to keep from being violent is just to defend yourself.*

Any type of power carries at least a small amount of responsibility, and sometimes a great responsibility. Deal with that. If you don't, you may find yourself in more than one uncomfortable situation. Hopefully, that is not what you want, and certainly not what I would like to achieve with this book. Hopefully, we agree about this. If we do, I wholeheartedly invite you to continue reading.
If you are feeling enthusiastic and ready to receive even more detailed information, more videos and advice about real life self defense, please check out *T.A.E. II Mind & Body Weapons*.

Why These 13 Pressure Point Methods?

As you already know, we are going to work with the pressure points on the body. These pressure points used for neutralizing the attacker in self-defense are the same points on the body used by the practitioners of Eastern medicine. Of course, practitioners use the pressure points for an entirely different purpose. They know how to manipulate the Chi (life energy) inside our bodies, in order to heal diseases and health disorders. If you have been reading about Eastern medicine, or if you live in China or India, then you certainly know that if you go to a doctor practicing Chinese medicine or Ayurveda, most of the prescriptions or medical treatments that you will get will be directly or indirectly related to some of the pressure points on the body. In some cases it will be related to several points on the same or a different meridian (energy channel in the body). For example, if you have ever visited an acupuncturist, he or she would have placed many needles all over your body (directly on or around the pressure points) to successfully manipulate your life energy toward healing.

Also, there is a whole second aspect of healing that appears to be very similar because it uses the same pressure points. It is popularly called acupressure, or reflexology (if applied to feet).

Obviously, the topic of this book is not healing, so these special points on the body can be used for other purposes. Pressure points or vital points have a ‘downside’, like most things in this world. The positive side is their ability to help us heal. The negative side of these points is that they're very sensitive, painful, and vulnerable. These 13 pressure points we use in T.A.E. are the key points on the energy channels that serve a vital function of supplying Chi (life energy) to different organs of the body. As you will see and feel, when manipulated in certain ways, the intensity of pain as well as the reaction caused by that pain can be simply unbearable.

Not ‘Something You Already Know’

There are tomes of available information about pressure points striking. You may read books about how to use them in self-defense, and you may watch DVD’s on this subject, and that is great.

Nevertheless, without disrespecting anyone, I have to say that most of the approaches that I have seen are only partial – even in the best cases. I do not want to criticize anyone, and will avoid criticism if at all possible. My only point is this. The proper and effective manipulation of pressure points in self-defense and real fight situations totally depend on originality.

“Originality? What do you mean?” (This is the normal follow-up question that people ask me.)

Yes - originality. Simply put, your distance from the original source is exactly how much risk you take in losing the power of the knowledge. This principle remains true in almost any branch of knowledge, and I am sure you get my point. People in many cases actually learn ‘the version of the version of the version’, or the translated and highly modified version, rather than the real thing. While avoiding philosophical discussions, I just want you to know that I'm fairly sure that these techniques are not something that you already know. There will be at least a slight difference in what you have been able to see and learn so far. Often, what seems to be a slightly different approach means a lot. In a real fight situation, that slight difference can mean the difference between winning and losing.

In this book we will learn the most powerful means of manipulation with 13 pressure points. These methods are created to neutralize an attacker's ability to proceed with attack (or do anything) in very fast and effective manner.

Not Ordinary Type of Pain

One of the crucial points I would like to cover is the extraordinary type of pain that is generated whenever these techniques are used. Of

course you may say that pain is only pain - what else could it be? Well, it can be quite a few other things because of these two main reasons:

- The nature/role of pressure points in our bodies.

- My exact and powerful approach (sometimes perceived as scientific) in manipulating these pressure points.

For this sort of pain, you have to be fully prepared, with your eyes wide open. This perspective will help you to be extremely careful while practicing these techniques. Later on, there is a whole chapter about 'being careful', but here I would like to explain a few points about this extraordinary type of pain.
Of course, any type of pain is disturbing and may be of great use in self-defense. If the pain is really strong, then you can use it very easily. Yet when there is an extremely sharp, intense, unbearable, unexpected type of pain in body and mind, these systems will simply get "shut down". If not used with total accuracy, the shortest reaction lasts for a moment. Even that is more than enough for an opportunity to counter the attack.

Please be reminded that when you learn to apply these techniques correctly, and you get into the routine, the nature of the pain is such that it completely neutralizes the attacker. It is very difficult to describe this type of pain with accuracy, but soon you will be able to 'test drive' these methods, and see what I'm talking about.

Just remember, before starting to implement these techniques, that the sharp pain generated by pressure point manipulation in the body of the attacker is much different than most of us can imagine. This is especially important to remember before you have learned to apply the methods correctly.

Even Child Can 'Take You Down'

I have personally trained a number of children (normally not younger than seven years of age), and they tend to be very good at T.A.E. A person does not need a large amount of power or strength in order to use these techniques with great success - anyone can use them. Unfortunately, more and more children need these techniques today. Especially in large modern cities, the weak (or those who look weak) are not only bullied in schools, but also end up as targets or victims of the predators - sick and disturbed individuals. Unfortunately, children are not the exception.

However, as a child or as an adult, some things must be put in place so that you can be sure that everything will go well. Once that is accomplished, everything will work just fine. Let me explain quickly, using the example of training children in the T.A.E. method. Truly, it's not easy to train a child, and this book is not specifically meant for children. When I teach them, I adopt special training methods to make T.A.E. methods very interesting and intriguing. If you have children and you think it's a good idea that your boy or girl knows a ‘trick or two’, feel free to teach them. You as a parent definitely won't have a problem doing that and you don't need anything but this book (and the videos that we provide) for doing that.

There is one more thing that I would like to review. The reason why it's difficult to train a child into using pressure points for self-defense is mainly related to the size of the pressure points. People without a clear idea about pressure points tend to think that they are the same size as a coin, or even bigger. As a matter of fact, they are very small in size. In some cases, the successfully used area must be pressed at a certain angle in order to generate the maximum and immediate effect.

Otherwise, the immediate intolerable pain that is normally created turns into a tolerable pain, and that is NOT what we want. That's why we have to learn and apply these techniques correctly. Fortunately, that's neither hard nor complicated.

How to Train?

The easiest and quickest way to learn the effective application of these techniques is if you go through these few steps:

- Read all the instructions very carefully.

- Start with exploring the exact location of the pressure point on yourself.

- Experiment with methods and techniques, and find out how they work.

- After you find all the pressure points on yourself, you are ready to start training with a partner (it's really important to read the next chapter, please don't skip over it).

This is a very logical and effective way to proceed. If you asked me something like, “what if I don't have a training partner?”, I would probably answer you with this single phrase:

“Find one!”

Seriously, I cannot over-stress the importance of this point. Everything that I teach here, you should try out and train on another person. It is not hard to find another interested person to set aside a few hours a week to learn a powerful and complete self-defense skill set like this. The content of this book can save your life, protect you from brutalization, or at least save your wallet! Please skip the excuses and find someone who wants to learn.

Also, do not ‘torture’ your spouse or siblings if they are not willing to train with you - that will only cause problems. An eager, motivated person is the best training partner!

A Warning I Can’t Stress Enough!

This will probably be the shortest chapter in this book. As soon you start to train with your partner, there is one thing you must have engraved into your mind:

“PLEASE BE EXTREMELY CAREFUL, BE EXTREMELY CAREFUL, BE EXTREMELY CAREFUL. …PLEASE!”

Seriously! I cannot stress this enough. You must understand that these T.A.E. methods can be very painful and very effective. They are created to damage a person's ability to move, think, or even breathe. They not only generate intolerable sharp pains, but also have a powerful negative effect on the Chi flow within a person's body. There is a whole chain reaction happening inside, whether you feel it and see it or whether you don’t – many internal injuries can happen without visible effect. For all those reasons, once again, please let me humbly ask this of you:

“Please be extremely careful and controlled while training with these methods and with your partner.”
Learn to control the strength of the pressure you apply - do not get carried away with scenes from action movies. Use your brain.

I apologize if you consider this to be an entirely inappropriate warning for you as a person, but I'm very happy if you feel like that. Why? Because the worst thing one could do is to turn T.A.E. methods into a ridiculous ‘who can tolerate more pain’ type of competition. I trust you won't do such crazy things, and I again apologize if I offended you by repeating this. Bear in mind that this is the only thing I can do, since I cannot oversee in person and make professional corrections in your training.

T.A.E. Methods Explained

You will notice that we are using basic attacks in order to show the primary use of pressure points. Most people will never need anything more complicated. If you feel that you need more, that's perfectly fine. Once learned, you can always find a way to use these pressure point manipulation methods against other types of attack, together with self-defense or martial arts techniques with which you are accustomed.

The reality is that in a common attack, a grab to the chest or grab to the shoulder is the beginning. It's a type of primary instinct to use the strength of one or both arms in order to push someone backwards towards a wall, a tree, or some other large solid object. If you didn't initiate the fistfight, it is very rare that someone will swing at you right away, or try to kick you in the head. Reaching towards your body looks like a very basic and simple way of attack, but in reality it's more often used before punching, kicking, or trying to push you onto the ground.

LI4
Large Intestine 4

The first point has to do with the Large Intestine 4, or LI 4. For those who want to know, it's called this because of the four pressure points on the large intestine meridian.

Location: On the dorsum of the hand, between the 1st and 2nd metacarpal bones, in the middle of the 2nd metacarpal bone on the radial side Press firmly over the bone and you will feel small bump on that zone. Find that bump and push between the muscle and bone.

This pressure point LI4 is located just a little bit deeper in the flesh under the bone. It always must be pressed from above, directly down onto the bone. It is a very painful experience and you will know when you have it right. Our instructional videos will certainly help you understand the importance of the proper location and the angle of pressure.

Application: As shown on the video, if you completely miss LI4 (by more than one inch), the attacker will be annoyed but not in enough pain to ease his pressure or hold on you. The severity of the pain will increase as you get closer to the area. Applied directly on the LI4 from above, and down towards the bone, creates a truly intolerable painful experience. That is the easiest way to use it.
Press this point with the strongest finger of your hand, normally the middle finger. Once again, you have to push in the direction of the bone, between the muscle and metacarpal bone.

氣

LI11
Large Intestine 11

Location: With the elbow flexed, the point is on the lateral end of the transverse cubital crease, at midpoint between LU 5 and the lateral epicondyle of the humerus.

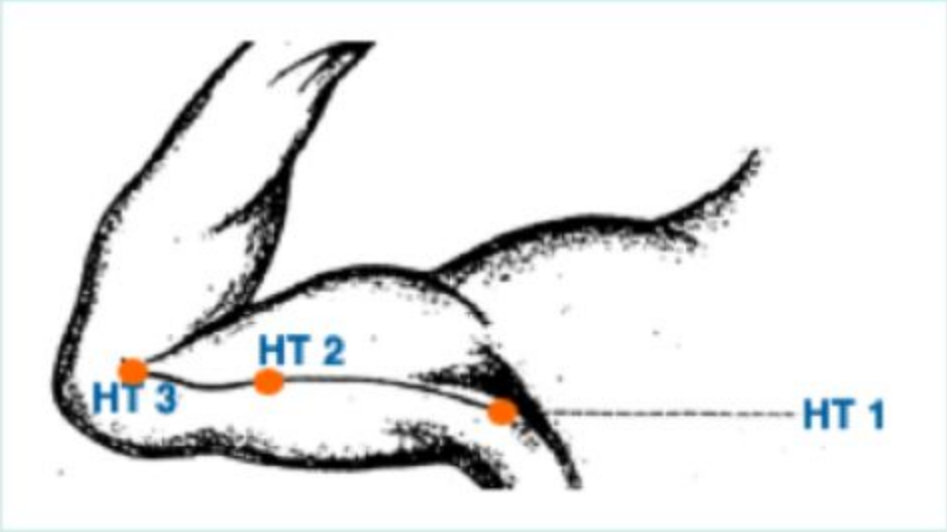
You may think, “That description may be helpful for a medical professional, but how on earth am I supposed to find this point?” Check the photo, and you will see. The large intestine meridian travels from the hand toward the elbow, so when you flex the elbow, a line appears in your forearm and underarm. The end of that line is the location of LI 11.

The photo below shows a picture of the soft place that can be felt under your fingers, where the extensor muscle inserts into the side of the elbow joint at the end of the forearm. Explore that area for the exact location of L11, using the already described method of detecting sensitivity.

Application: The advantage of using this point is that you can easily control the attacker's elbow. Once you have control over the attacker's elbow, you'll control his balance. Check the video presentation and you will have much better understanding of what I mean. Regardless of the attack, once you control the opponent's elbow, you control his balance. This will make it much harder for the attacker to continue his assault efficiently, and will open a variety of ways to counter-attack.

Using a combination of LI4 and LI11 against the attacker who wants to push you or hold you is also very powerful.

H3
Heart 3



Location: With the elbow flexed, between the ulnar end of the cubital crease and the medial epicondyle of the humerus. (Again, most of you probably do not care about the technical details of medical descriptions, but I do meet people at my seminars who issue requests for more detail, which is why these specific names are included.)

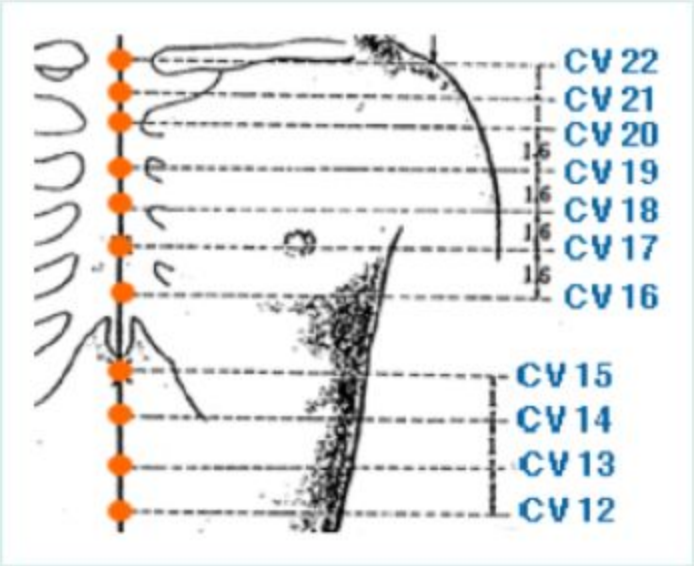
As you can see, the heart meridian is located on the inner side of the forearm. When the elbow is flexed, a line appears, as we described in the previous chapter regarding the L11 location. Heart 3 (H3) has almost the exact same location, just on the inner side of the arm. When you explore that area (by opening and closing your arm or by flexing your elbow in and out), you will see a small bump appearing and disappearing. When the arm is opened to an angle of about 110° or 120°, a small dip will appear into which your thumb can slide, which is exactly the location of H3.

Application: Ideally, use it against the attacker that has his arms extended somewhere around that 110° or 120° angle. It's harder to find the location of this spot if the aggressor has his arm completely extended or entirely flexed. You must remember this.

From inside the elbow, using your thumb, press strongly on this point. The reaction will be immediate and very strong. Again, the advantage on this point is that you have a very advantageous control over the aggressor's elbow.

With a little bit of practice, you can easily locate this point. Once you understand the location, you will also know exactly when you can use it, and when you have to rely on another pressure point or technique in order to defend yourself.

CV17
Conception Vessel 17



Conception Vessel is the conception meridian that runs from the perineum all the way up to the chin, right in the middle of the body. Conception Vessel 17 (CV17) is the 17th point on this channel of energy, and we will now focus on the chest area. This point is very easy to locate on the man, but it is not so easy on a woman - you will soon see why. Around the chest area is a main place of energy accumulation, in the lungs and heart, for which this meridian is responsible. A successful attack on this pressure point actually disturbs the functions of these two main organs of the body.

Location: To locate CV 17 easily, find the 'imaginary cross' in the center of the chest of the aggressor. The horizontal line would be the line between his nipples, and the vertical line would be the center of the chest bone or center of the body. Despite what most people think they know about this area, right on that vertical line is the place where the sternum closes. Just like the fontanels (soft spots) on babies' heads, when our bodies develop, our chest bone closes up. There is a weak point where the cartilage doesn't really join - it can be a very painful point as well. As I have described in the introduction, you will have to experiment with your

training partner to get the exact location of CV17. Once you're there, your partner will know.

On a woman's body, the location is the same as on a man's body (between the line of the fourth rib space and the middle line of the chest). As I said before, the shape of a woman's body doesn't help in quick determinations of location, so make sure that your female partner is comfortable with you finding that spot before you try to find this pressure point.

Application: In many situations, you can reach this point on an attacker's body without much difficulty, because this area is left open as they become aggressive. The easiest application is to press firmly and strongly on this point with your thumb. The second best choice would be to use the middle finger, because it's also very strong. If it's handy, you can even use a pen or any object with a tip. Because it is very painful to most people, you just have to use pressure. It is not necessary to follow through with a strike or a punch.

There are numerous ways to apply pressure on this point in a real fight, but the basic one is as shown on the videos, when you simply push off your opponent. That creates enough breathing space for you to proceed with your counter-attack, or simply run away. In many cases, after feeling sharp pain, an aggressor would reconsider a further attack on you.

CV14
Conception Vessel 14

Location: As you can see on the map above, Conception Vessel 14 (CV14) is located a few inches below CV17, just under the end point or the edge of the chest bone. This most interesting point (CV14) is just around the area of the diaphragm. If you measure the line from the edge of the chest bone down to the navel, CV14 is exactly on the first 1/3 of the line if you measure from above, from the chest bone. Properly attacking this area is very effective and painful for the attacker, because of the immediate stoppage of energy flow to the lungs.

Application: The zone below CV17, down to CV14, is most protected by the upper abdominal muscles, especially in those who have developed their upper abdominal strength by weight lifting. However, when you strike downwards at a 45° angle, from above, there is nothing that can save the attacker from excruciating pain. This is not the same kind of attack as a strike on the “plexus solaris” (otherwise known as the solar plexus), because you must strike on a 45° downwards angle. Not only will sharp pain overwhelm the attacker, but this strike will cause the diaphragm to stop in its work of supplying energy to the lungs.

Aggressors are often over-confident, leaving this area open to an attack by the victim. Another good and necessary point is that, in order to efficiently defend yourself by attack, you do not need any special punching technique. You do not need lot of space or a powerful punch. But you have to strike at a 45° downwards angle, in one simple downward motion. (See the particular video for an example of this sort of strike.) Otherwise, it will not work.

While practicing, please be very careful, it can be a very uncomfortable and painful point. When you apply this method of attack on CV14 as taught here, if you are not very careful, you can really harm your partner.

Harming the attacker is, of course, the goal. However, please adjust the strength of the punches on an inanimate object (punching bag, makiwara, wooden dummy, etc), not on your partner.

ST9
Stomach 9

The next pressure point that we will look at and explain for self-defense is Stomach 9 (ST9). There are many available misconceptions and very dangerous, even stupid, bits of advice on how to strike this special point. Perhaps it's because people don't know exactly how to teach this method, or they are not well versed on the inner side of acupressure and acupuncture. This introduction is meant to direct your attention to very carefully study and learn the application part of this chapter.

Location: ST9 is located at the anterior border of the sternocleidomastoid muscle. In simple words, it's on both sides of the neck at the level of the base of the Adam's apple. When you place your fingers on the side of that area, you come to the first muscle located on the side (sternocleidomastoid). ST9 is located just between the muscle and the beginning of the Adam's apple.

Here is why I claim that this is dangerous, and why I claim many ‘experts’ are very irresponsible when teaching about this pressure point.

Just below the ST9 point is located the carotid sinus nerve. The carotid sinus nerve monitors your blood pressure – telling your heart how much blood the brain needs. That's the easiest way to explain its function. When your head is down, the pressure is higher, and your heart pumps less blood to your head. When you are standing up, you will need more blood flow.

When you properly attack or manipulate this point, the carotid sinus nerve ‘registers’ higher blood pressure in the brain, so the heart immediately starts pumping less and less blood into your head. That causes a loss of consciousness, popularly called a “blackout”. During the mixed martial arts (MMA) competitions, you can see how the rear naked choke (anaconda choke, sleeper hold, etc) is used to squeeze this area and eventually cause a swift loss of consciousness.

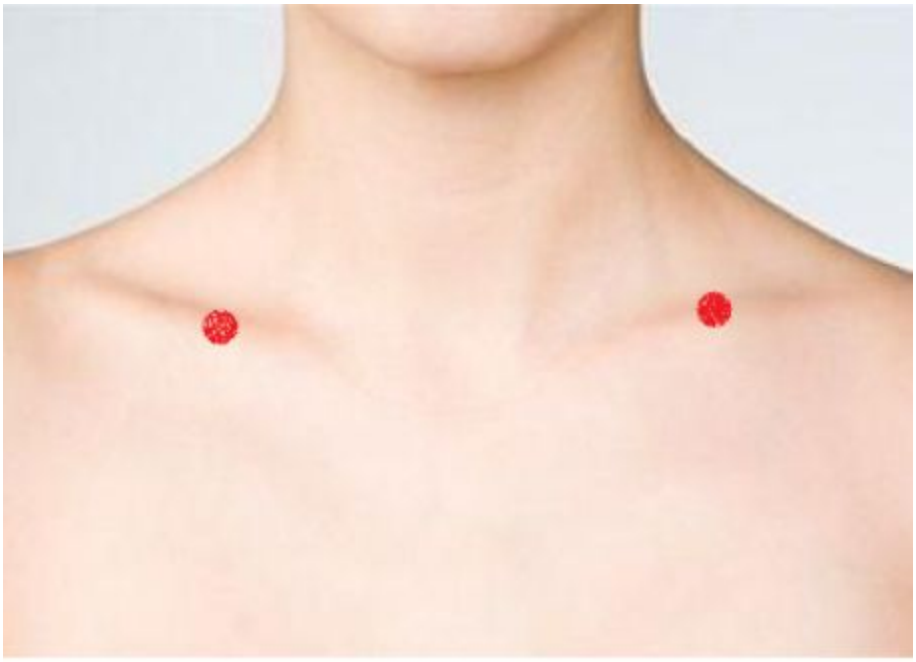
Sometimes, only 3-4 seconds is enough to cause a blackout. As described, due to the pressure on ST9, especially if it's applied on both sides simultaneously, the heart gets the signal that blood pressure is too high in the brain, so the heart starts sending less and less blood to the head, until it's 'lights out' for that person. That can happen very easily if you're not careful, and I assume that you do not want to send your partner to a blackout 'sleep' during practice. On the other hand, when you attack this pressure point with a punch or a strike, it can easily damage the other person's health and possibly cause the death of that person. I am not exaggerating.

Application: In real-life situations of self-defense, you can get many chances to strike on this ST9 area. It is best, when striking this surface, to use the edge of your palm. Again, this is much better than using the pressure applied by a thumb (or another strong finger), because even when you defend yourself, you really want to avoid the serious situations that can arise from striking on this point.

ST12
Stomach 12

Like some other pressure points that have already been described, ST12 is rarely known, and therefore rarely used in self-defense and real fight situations. This is rather surprising because ST12 (as you will soon be able to see) is fairly open, and therefore easy to reach and manipulate.

Location: If we take a look at the collarbone, and measure the distance between the meeting point of the collarbone's left and right side, you will find the location of the ST12. Right in the middle of the collarbone, there is a small notch on the inside. On most men, ST12 is located on a straight line above the nipples.



Application: This will take a little bit of practice, so try it on yourself and on your partner - you will soon be able to get to this point. Those who tend to be lazy, simply rely on hooking all four fingers behind the collarbone. That is painful, but is not nearly the pain level that can be unleashed on an attacker when using only the middle finger, directly on ST12. Now, back to the main part of the technique.

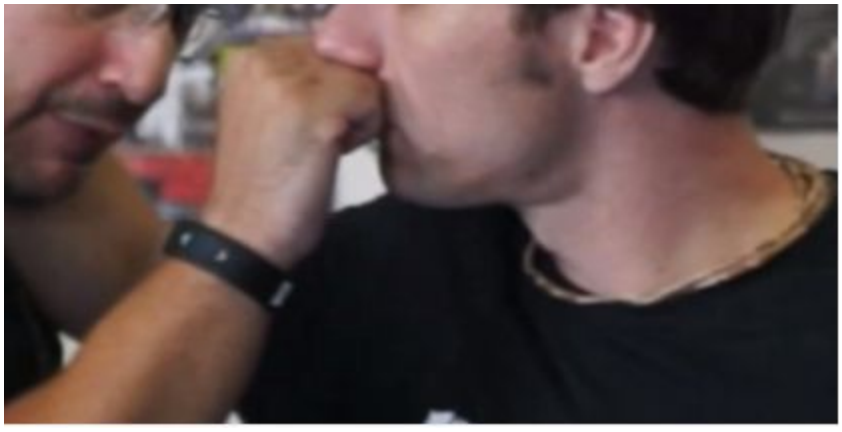
In order to successfully manipulate these pressure points, you have to hook your middle finger behind the bone exactly on that notch. Hook it behind and pull downwards. As you can see in our videos, there is no way in the world that any attacker will be able to remain standing. If you don't hook him with enough strength, he may try to escape, or take one or two steps back. If you learn how to detect the exact location of ST12, and train your finger to apply a strong hook (you can use any sort of metal or wood object resembling a collarbone), you will definitely be able to pull your attacker down to his knees, where you can apply more punches and strikes with your knees if necessary.

GV26
Governing Vessel 26

This one is not a strike point - it's something we can call a ‘rubbing point’. In simple words, most rubbing points are not really popular, and that's why they are not widely used in self-defense classes or courses. As you will be able to see, it’s very good to know about. It can be an extremely effective weapon for the quick neutralization of an attacker who applies direct pressure to the neck or shoulder area.

Location: This pressure point is located just above the upper lip, in the middle (under the nose), about 2/3 of the distance above the upper lip. It's the place where the roots of the upper teeth meet the gum line. Explore it, press carefully, and you will get the location of GV26 very easily. For that reason, I'm not even displaying a photo.

Application: As already described in the introduction, there are at least a few ways to attack each and every pressure point. One of the simplest and best ways to use GV26 is when the attacker has both of his hands on your body, trying to choke you or press you to the wall. Using one hand behind his head, at the base of his skull, you will strongly press or rub this GV26 pressure point. It's best to use the edge of your knuckles.



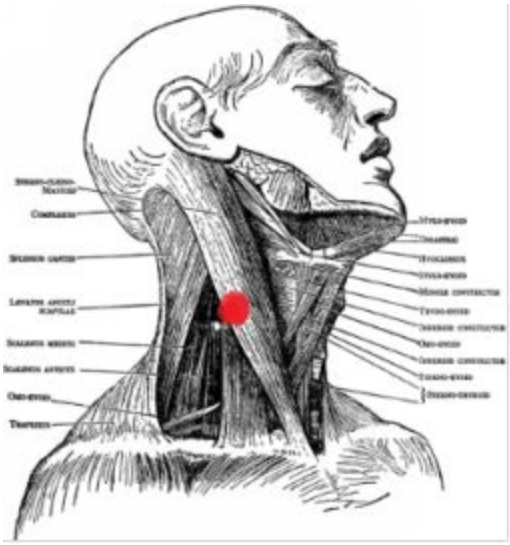
This creates a great amount of pain, and the attacker will need to give up or move away to get relief. The surprise effect will give you enough time

to take the next action, either proceeding with an offensive attack or moving away from the conflict. Please check our video for a more complete picture.

SI16
Small Intestine 16

This pressure point is not really ‘famous’ among the self-defense gurus, mainly because it is located deep in the tissue and is not easy to manipulate. Some may be afraid of the muscle size, not knowing that a larger muscle is much easier to locate than most of the pressure points. Also, some may feel that reaching for the neck is not a very aggressive self-defense move, and therefore, not as valuable. Nevertheless, it is very effective, as you will be able to see and feel.

Location: On the side of the neck is the main muscle (called the sternocleidomastoid muscle), with an external and interior branch. The exterior is the stronger and more visible side of this muscle, and when you explore it with your fingers, you will feel the point around the middle when the two branches join together. That is the location of SI16. This calls for an image:



When you use the normal way of detecting the location of the pressure point, you will be successful, despite the size of your partner's neck muscle. You should be able to feel the sensitivity of the point.

Application: As I already indicated, SI16 is located deeply inside the muscle tissue. Despite its sensitive nature, it’s not possible to create enough sharp and strong pain in the usual way. That is why it will be necessary to pinch both sides of this point, instead of just applying sudden pressure. It will appear that you will be squeezing the sides of the neck muscle.

The problem will be, when you pinch in this location, the person will immediately move away. For that reason, it will be best to block the aggressor's hand with one hand, and use the other hand to apply pressure to SI16. You will get a better idea from the video, but (in case you are not connected to Internet) below is a photo for clarity:

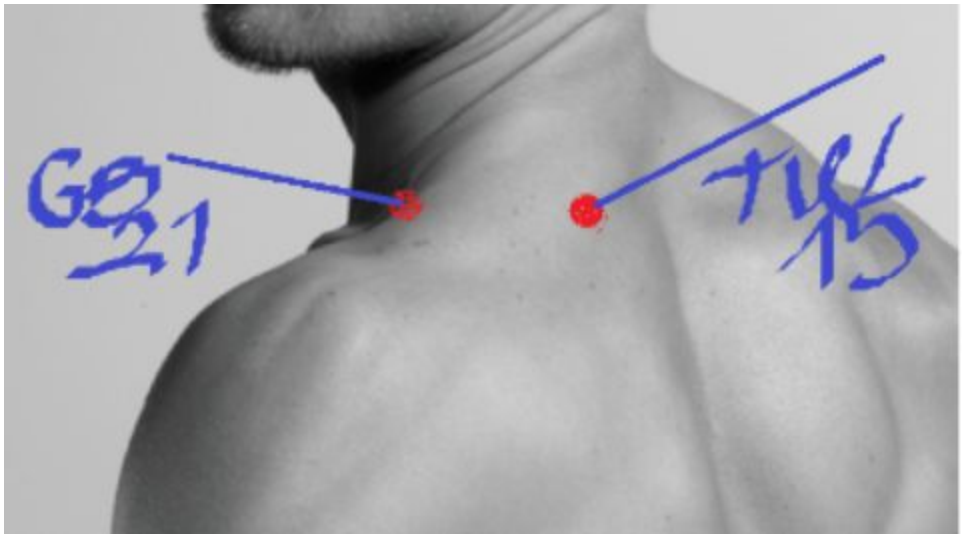
In this way, when the attacker tries to move away from the pain, you will still have his head under your control. You can set it up afterwards for a knee strike, an elbow strike, or whatever is necessary.

GB21 – TW15

Gall Bladder 21 / Triple Warmer 15

The uses of these two points will be explained together, the Gall Bladder 21 (GB21) and Triple Warmer 15 (TW15). It's much more effective to use them in combination with each other. As I have explained in self-defense classes and seminars, some cultures and countries commonly use this method, even with children. However, it has also been explained to me that something similar is quite frequently misused. In any case, this is a powerful defensive weapon to have in your arsenal.

Location: Both points can be found in the midway line between the spine and the shoulder joint. The first point, GB21, is located beyond the trapezius muscle. The second point (TW15) is on the same line, but on the backside. When you look at the front side of the body, the location is not quite in the middle between the neck and shoulder. It is closer to the neck, about 1/3 of the way down that line. Because both of these points are also very sensitive, you will easily find them.



Application: Due to the practical need for successful application in self-defense, the points will be used together by squeezing on both of them.

The best method is with the thumb on the front GB21 point, and with the other four fingers on the back of TW15. If done right, a person will be forced to kneel down and abandon any aggressive attempts, at least for the moment.

Now, following the mood of this book, let's talk about the most basic situation that frequently leads to the need for self-defense. The attacker very often stands right in front of you, making threats or dire warnings, using offensive language, or keeping your hands imprisoned. The second fact, that will allow you to successfully manipulate these two points, has to do with body language. Placing your palm on the shoulder of an aggressive person is very often understood as a pleading gesture, in this way:

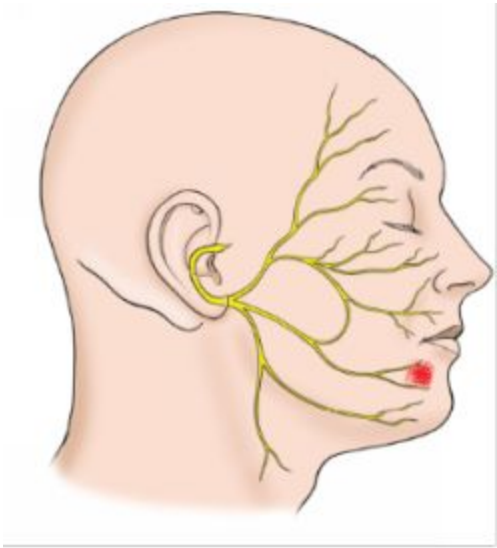
“Please do not harm me, I do not want any trouble.”

That naturally opens a window of opportunity for you to defend yourself with a strong element of surprise.

The Facial Nerve

This is a striking or rubbing point, but it is not located on any of the meridians of the body, and so it does not have an acronym like the other points. Nevertheless, Chinese martial arts frequently teach students on possible uses for this point. Quite frankly, it's an effective pressure point once you learn how to use it. The facial nerve controls the functions of the facial muscles, and there is one spot where the nerve can be reached.

Location: On our faces, under our lower canine teeth, a tiny hole in the bone (foramen) can be located on the root of a tooth. The name isn't as important as knowing how to use it. Locating this point, as with most points, is not hard because it is very sensitive.



Application: Have you ever seen a self-defense move that created a clear and almost immediate chain reaction in the attacker's body? As in a game of dominoes, the reaction of one part of the body can lead to the collapse of another part. A simple and strong pressure on that point will create this sort of chain reaction. The facial nerve controls the muscles on the lower side of the face, including the jaw muscles. When you press firmly on this spot, the other person's mouth will automatically be forced wide open. That is because this nerve makes the jaw muscles relax. When

you continue pressing this, his head will turn, his neck muscles will relax, and his entire balance will be disturbed.

By attacking at this point, the body of the aggressor will (most likely) turn away from you in a chain reaction of painful ‘forced relaxation’ reactions. If you train hard enough, it's possible to hit this point with increasing accuracy. Just remember that the direction of the strike must be at a downward 45-degree angle in order to generate the strongest response. Do not forget to check the video’s we have prepared for you.

TW17

Triple Warmer 17

This pressure point is probably one of the most well-known, considering the awareness of the general public and the martial arts world. However, it is seldom understood properly, and for that reason, is not used properly for self-defense. Let me explain, after giving guidelines on the point's location and application.

Location: The Triple Warmer 17 (TW17) is located on the edge of the bone of the jaw. Behind the ear, at its base, you can easily locate the beginning of your jaw. This pressure point is located on the outside and upper level of the edge of the jaw.

Application: Most instructors do not understand that this pressure point is best if used along with the previously explained facial nerve point, which has no acronym. When used together, incredible results can be created. Most people can't reach these points with the fingers of one hand. The thumb is often used for the facial nerve point, and the middle finger is often used for TW17. See this photo:

In this way, you will easily be able to deflect (or turn away) the attacker's head away from you, or towards the wall. Also, this move can be useful for putting him on the ground. In case you cannot reach both points simultaneously, as described here, go for TW17 and use the attacker's nose as the base for your grip. Either way, when you squeeze these two points (or at least one by using the nose bone) the pained reaction will be immediate and strong. Therefore, you should be very careful while practicing it. Check out our videos, which will give you additional ideas of how to use TW17.

SP6

Spleen 6

This pressure point is located on the legs, and although it may appear a little more difficult to use in self-defense, there is a great deal of practical knowledge surrounding this point.

Location: Spleen 6 (S6) can be found on the inner side of the leg, about four fingers above the upper edge of the anklebone. If you explore this area, your fingers you will easily find the place where the bone (tibia) meets the muscle. Some people will have a small dent right on the bone, but some people will not, so you will have to experiment.

In any case, it's really not a problem locating this point, since it is so painful. Try and you will see.

Application: If you can strike this point using any solid object (or your own leg if you are trained), the aggressor will most probably have great difficulties in continuing with any attack, at least from a standing position. This is very hard to do, but it's good to know as a backup option.

For example, those who are trained in martial arts, and know the use of blocks against kicks, will have one additional usage for this pressure point. Block heavily on this area, and even if you're not 100% accurate, your opponent's ability to continue will be greatly diminished.

The most practical use of this point is when you're already down on the ground. Of course, you won't want to be there, but it can happen frequently and in many circumstances. The attacker will be standing in front of you, ready to kick or punch you, feeling totally superior. For that reason, it wouldn't be much trouble to reach his ankle, especially if you feign a desire to give up while crawling toward him.

With one hand, you can stabilize his ankle, while simultaneously using the elbow (the short part of the bone) to strike or rub strongly on this point. If you use the leverage of this position and a painful reaction is caused, the aggressor will fall down, allowing you enough room to get up. Once you do get up, either you can immediately attack or start running away. As always, use your best judgment. The fact remains that this is a very effective and practical way to get out of getting kicked and beaten while down on the ground.

Pressure Point Combos

Naturally, if you are practicing martial arts on your own, you won't be too dependent on this chapter. You will tend to mix in your existing skills and combinations, which is quite natural. Nevertheless, I'm sure it would be interesting at the very least for you to see how these T.A.E. pressure points could be used in conjunction with each other.

With defending from any sort of aggression best is to be as quick possible, that is the fact. Combinations however do have place in the arsenal of ready and trained martial artist. This book, being 1st part of my T.A.E. series is just listing these for those that are going to be quick and wont wait for my T.A.E. part 2.

This is the first combination I would like to share with you:

- LI4 on the hand;
- Come underneath to the elbow area, apply LI11;
- Move to H3, pull the attacker's elbow, and reach the facial nerve point;
- His body will turn because of the pressure;
- Use CV17 on the middle of his chest and put him down.

One variation is this:

- LI4 on the hand,
- Come underneath to the elbow area, apply LI11;
- Move to H3 and pull the attacker's elbow while attacking;
- Apply pressure to GB21 (no need to add TW15 into this combination);
- Reach to ST12 and put down your attacker.

On this third combination, we can add two more points:

- LI4 on the hand,
- Come underneath to the elbow area, apply LI11;
- Move to H3 and pull the attacker's elbow;
- Reach for GB21 (no need to use TW15 in this combination);
- Reach to ST12 but don't put down your attacker;

- Reach toward the jaw and squeeze both TW17.
- As he jumps up, apply facial nerve pressure to turn him slightly;
- Use a kick on SP6 that will bruise his whole leg.

After any of those combinations, the attacker will be freed of any desire to harm you. However, there is no need to go crazy with the combinations. These techniques are so painful and effective, even one or two pressure points are often more than convincing.

Conclusion:

If you are inspired to explore deeper into these techniques, you are welcome to do so. Once you spend a bit of time on mastering the basics, and trying out a few combinations, you will notice that all of the pressure points are located on both sides on the body, especially on the hands. They can easily be used simultaneously, and a great number of typical attack styles allow for the two-sided use of pressure points.

This valuable knowledge is presented here without any attempt to propagate specific martial arts or combat sport style. This book is purely meant for anyone who desires to learn the T.A.E. pressure point manipulation method. This efficient way of doing self-defense doesn't stop here. As I explained previously, **this is just the beginning** of T.A.E. In my experience, this is the only method that most people will need to know about self-defense, because it is simple and effective. (After thirty years of teaching, I am quite confident that this is the case.) Within this T.A.E. material, even a master of martial arts can find a few valuable new angles and approaches that would prove to be very useful. But if you need more you can check out my newly published T.A.E. II Mind & Body Weapons.

If you do not train in any one of the martial arts, but you are solely interested in learning self-defense moves that work, I have good news for you. You already have a great advantage by having an open mind. Now, the question that remains is whether or not you will be persistent enough to learn these techniques and how to apply them. Using simple words, this book is for nearly anyone, with the exception that I noted in the introductory chapter.

Regardless of who you are and what you do, if you desire a working knowledge of practical self-defense that will be effective in a real fight situation, this book will help you immensely.

I will end this final chapter by one last request: be very careful when practicing on your partner. Some of you may think that I'm over-

exaggerating this point, or that you know to be careful already. However, it is a fact that this point can’t be exaggerated. Safety comes first – always. It's great to know many ways to defend yourself, but always remember that manipulating pressure points may cause very serious damage to the health and well being of a person if carelessly practiced. For the last time, please be very careful – and thank you.

Also, if you didn’t, please do not forget to opt in here and get your copies of the video material, so that you can see the pressure points manipulation methods with more accuracy.

Advice All (Serious) Will Love

I risk with adding these word here. But after publishing T.A.E. II and receiving a lot of questions from my students, I know that man and women who are serious about real life self defense, will appreciate to hear these lines:

- Stop believing in movies, comics and stories – reality is brutal!
- Realistically prepare for reality.
- Train, train, train – learn more and train even better after you learn more.
- Never misuse your martial skills and powers.
- Do not stop learning and growing.

We are preparing few more books about T.A.E. realistic self-defense. My newly published T.A.E. II Mind & Body Weapons offers additional information, even more videos, methods for controlling and training the mind etc. You will probably like to check it out but in any case this book is the proper and best way to start. 1st things done 1st is very basic and valuable principle.

Sifu William Lee
Author of Amazon Bestsellers

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